

SELF-RELIANCE EXERCISE

As Church members, we should become self-reliant in the following six areas: (1) education and literacy; (2) physical health; (3) employment; (4) home storage; (5) resource management; and (6) spiritual, emotional, and social strength (see *Church Handbook of Instructions, Book 2: Priesthood and Auxiliary Leaders* [1998], 257–258). Commit to becoming more self-reliant by applying them in your life.

Select one of these six areas, and list below five ways that you could become more self-reliant in that area.

Area of self-reliance: _____

Things you could do to become more self-reliant:

1. _____

2. _____

3. _____

4. _____

5. _____